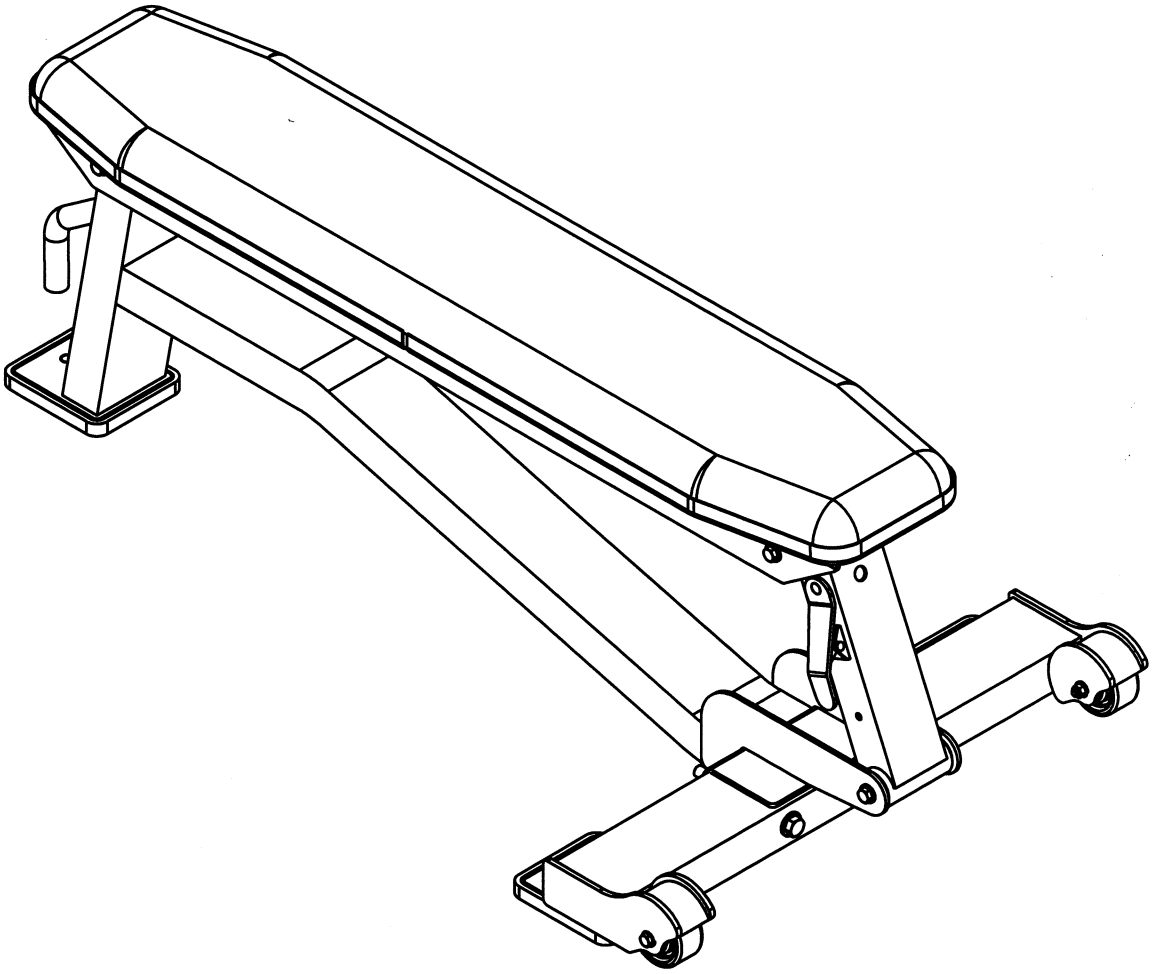
OWNERS MANUAL

HOIST®
FITNESS SYSTEMS

CF-2161A

FLAT TO INCLINE



Jan 2004

Note: Both Serial Number and Model Number are Required when Ordering Parts

RECORD SERIAL NUMBER HERE

Customer Service
(800) 548-5438
(858) 578-7676
Fax
(858) 578-9558

OWNERS MANUAL

CONTENT

INSTRUCTIONS (Step 1)..... 2

FRAME ASSEMBLY (Step 2)..... 4

PRE-ASSEMBLY (Step 3)..... 16

PART LISTING..... 19

HARDWARE LISTING..... 20

BOLT SIZING CHART..... 21

WASHER SIZING CHART..... 23

WEIGHT TRAINING TIPS..... 25

WEIGHT TRAINING EXERCISE LOG..... 27

DECAL PLACEMENTS..... 29

GENERAL MAINTENANCE INFORMATRION..... 34

LIMITIED WARRANTY..... 36

Step 1

INSTRUCTIONS

Before beginning assembly please take the time to read the instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use the part number and description from the lists. Use only Hoist replacement parts when servicing. Failure to do so will void your warranty and could result in personal injury.

Hoist equipment is designed to provide the smoothest, most effective exercise motion possible. After assembly, you should check all functions to ensure correct operation. If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, call your authorized Hoist dealer. Be sure to have your serial number and this manual when calling. When all parts have been accounted for, continue on.

TOOLS REQUIRED

Socket Wrench

1/2", 9/16" and 3/4" Sockets

3/4" Open end Wrench

Crescent Wrench

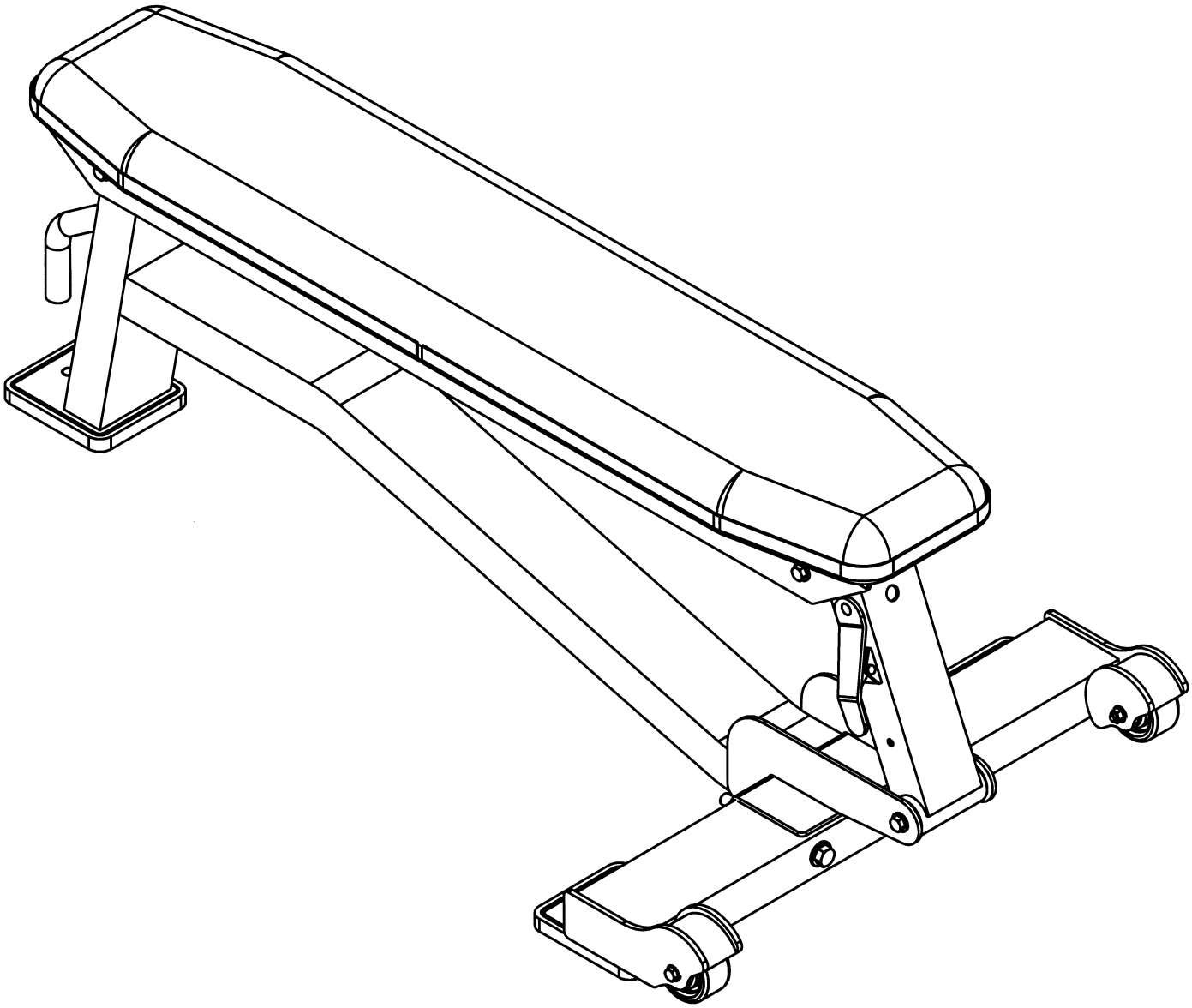
Rubber Mallet

Tape Measure

OWNERS MANUAL

Step 2

FRAME ASSEMBLY



Step 2a

FRAME ASSEMBLY

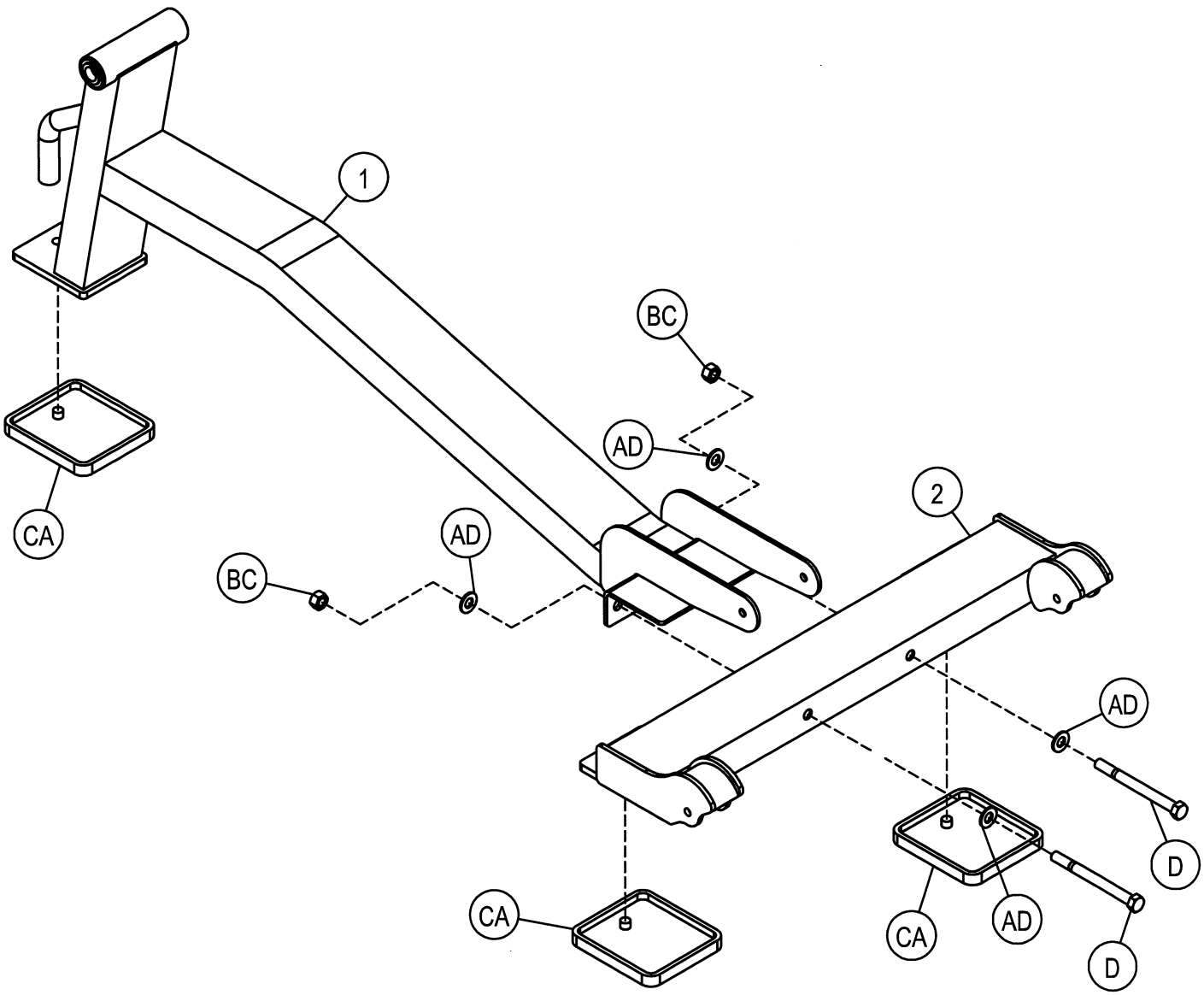
Start assembly by bolting (1) and (2) together. Wrench Tighten bolts.

Part Descriptions

1 - MAIN FRAME
2 - MAIN WHEEL ASSEMBLY

Hardware Descriptions

D - 1/2" -13UNC x 4 3/4" HEX BOLT
AD - 1/2" FLAT WASHER
BC - 1/2" NYLOK NUT
CA - RUBBER FOOT PAD


1
BC
AD
CA
AD
BC
2
AD
D
CA
AD
CA
D

Step 2b

FRAME ASSEMBLY

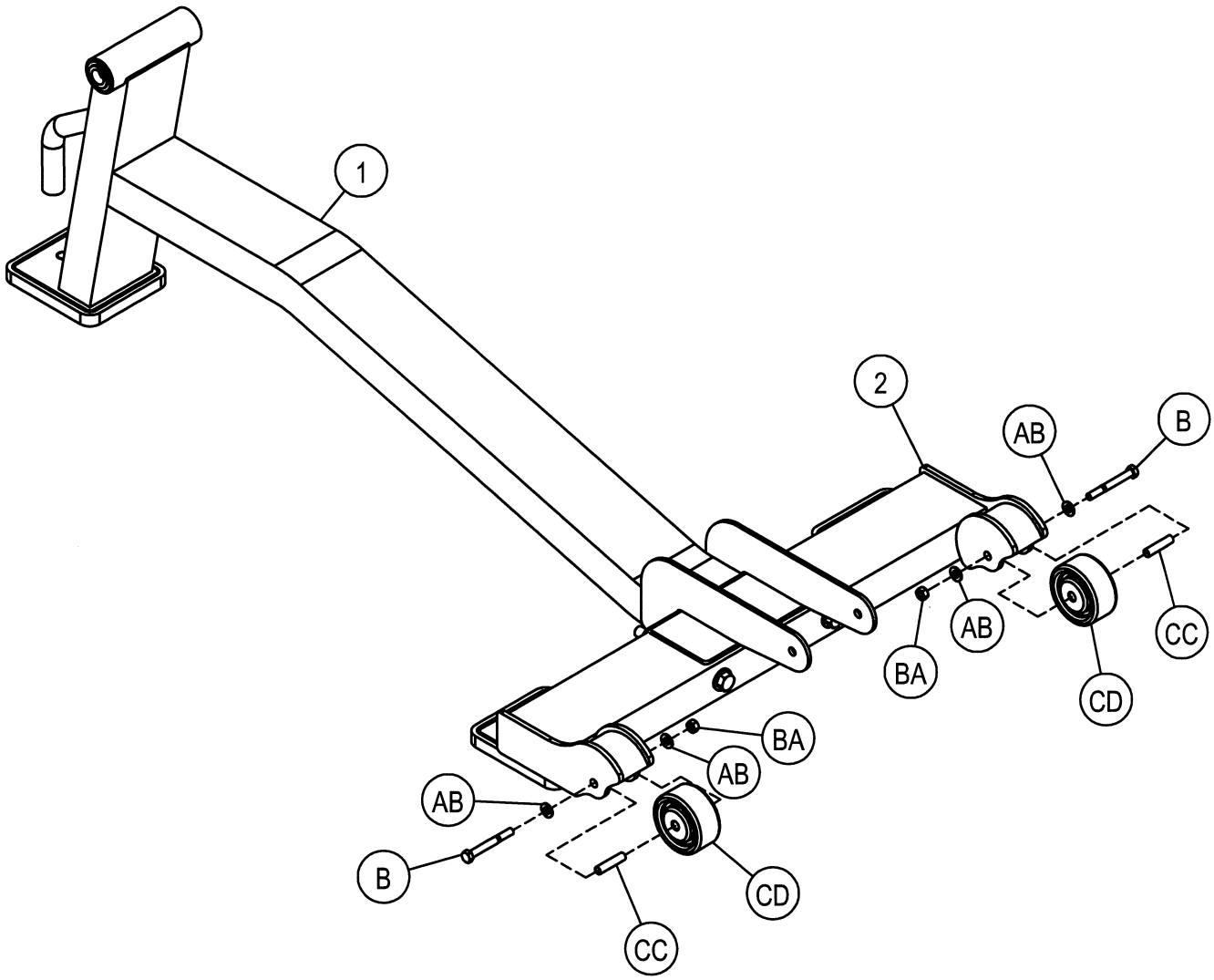
In this step start by inserting both (CC)'s into (CD)'s and attach (CD) to (2) and Wrench Tighten bolts.

Part Descriptions

1 - MAIN FRAME
2 - MAIN WHEEL ASSEMBLY
3 - SELECTORIZED ADAPTOR ASSY

Hardware Descriptions

B - 5/16" -18UNC x 2 3/4" HEX BOLT
AB - 5/16" SAE FLAT WASHER
BA - 5/16" NYLOK NUT
CC - WHEEL AXLE
CD - WHEEL


1
2
AB
B
AB
BA
CC
CD
BA
AB
AB
B
CD
CC

Step 2c

FRAME ASSEMBLY

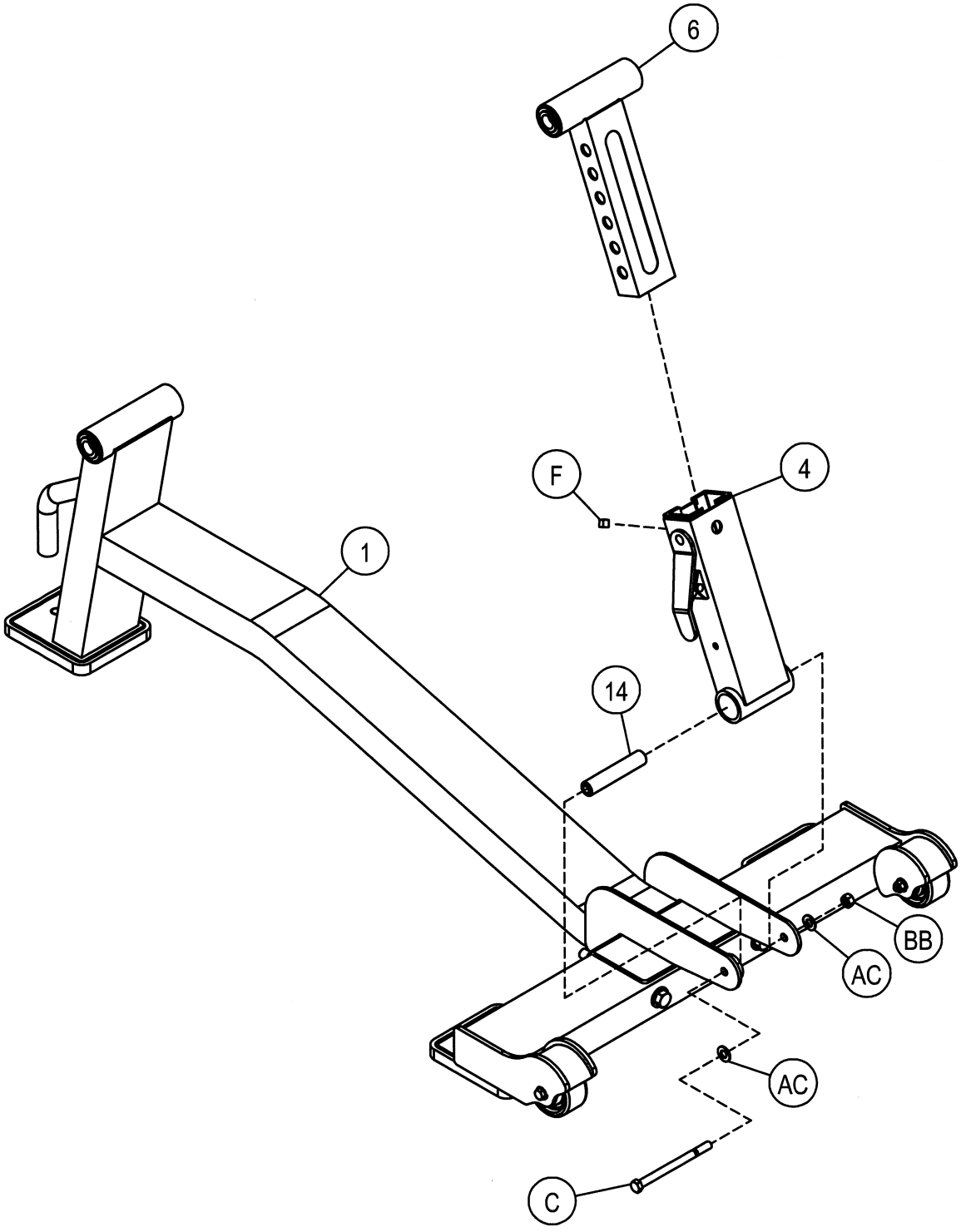
In this step start by sliding (6) into (4) and secure with (F). Next slide (14) into (4), connect (4) to (3) and Wrench Tighten bolt until snug then back off 1/2 turn or enough to make (4) swing freely.

Part Descriptions

1 - MAIN FRAME
3 - SELECTORIZED ADATOR ASSY
4 - ADJUSTOR MOUNT
6 - ADJUSTER SLIDE
14 - 3/4" DIA x 3.94" AXLE

Hardware Descriptions

C - 3/8" - 16UNC x 5" HEX BOLT
F - 3/8" -16UNC x 3/4" SQ. HEAD SET SCREW
AC - 3/8" FLAT WASHER
BB - 3/8" NYLOK NUT


6
F
4
1
14
BB
AC
AC
C

Step 2d

FRAME ASSEMBLY

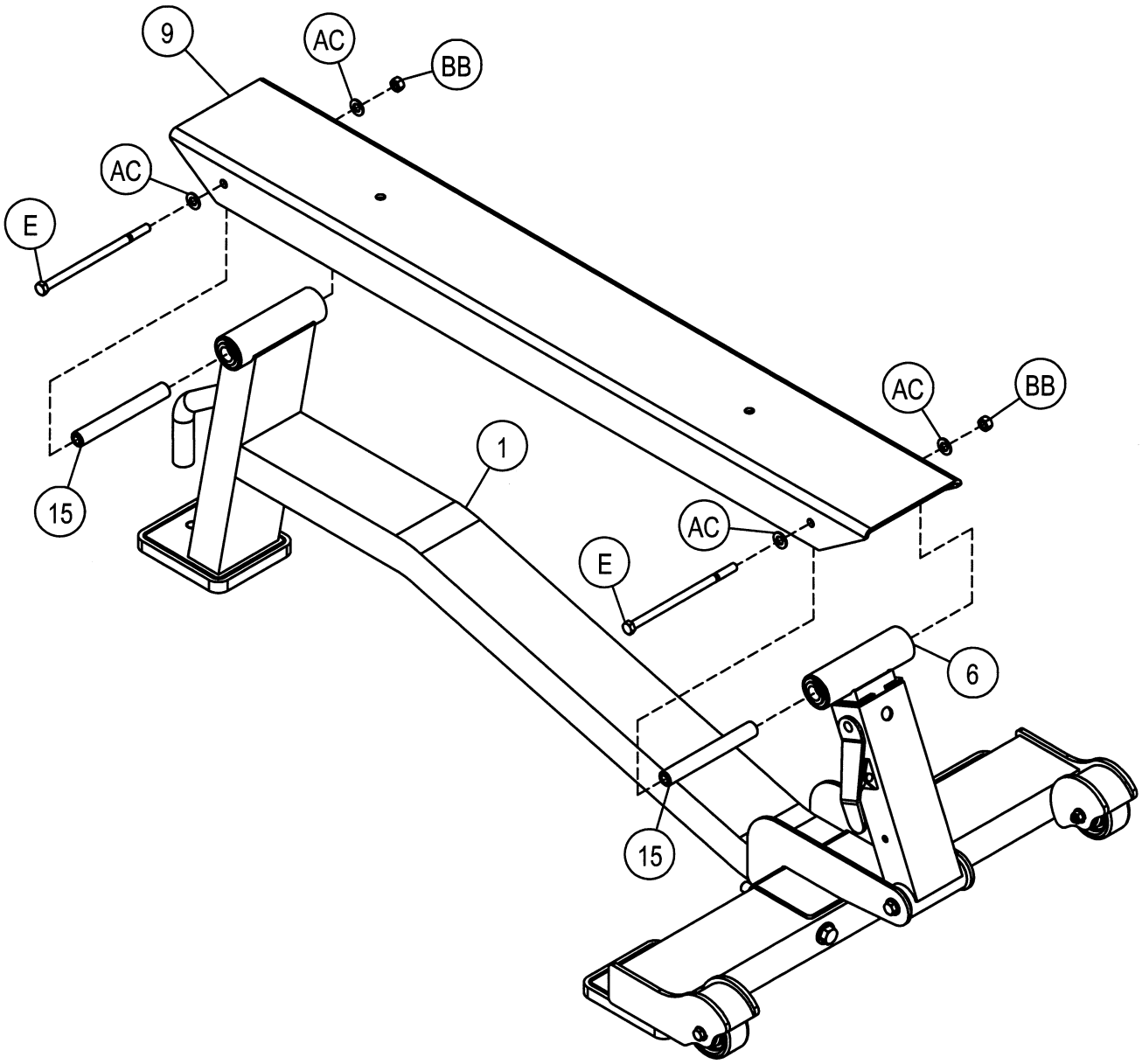
In this step start by sliding one (15) into (1) and the second (15) into (6). Attach (9) to the pivot points of (1) and (6) and Wrench Tighten.

Part Descriptions

1 - MAIN ASSEMBLY
6 - SELECTORIZED ADAPTOR ASSY
9 - FORMED PLATE
15 - 3/4" DIA x 5.94" L.G. AXLE

Hardware Descriptions

E - 3/8" -16UNC x 7" HEX BOLT
AC - 3/8" FLAT WASHER
BB - 3/8" NYLOCK NUT


9
AC
BB
AC
E
15
1
AC
BB
AC
E
6
15

Step 2e

FRAME ASSEMBLY

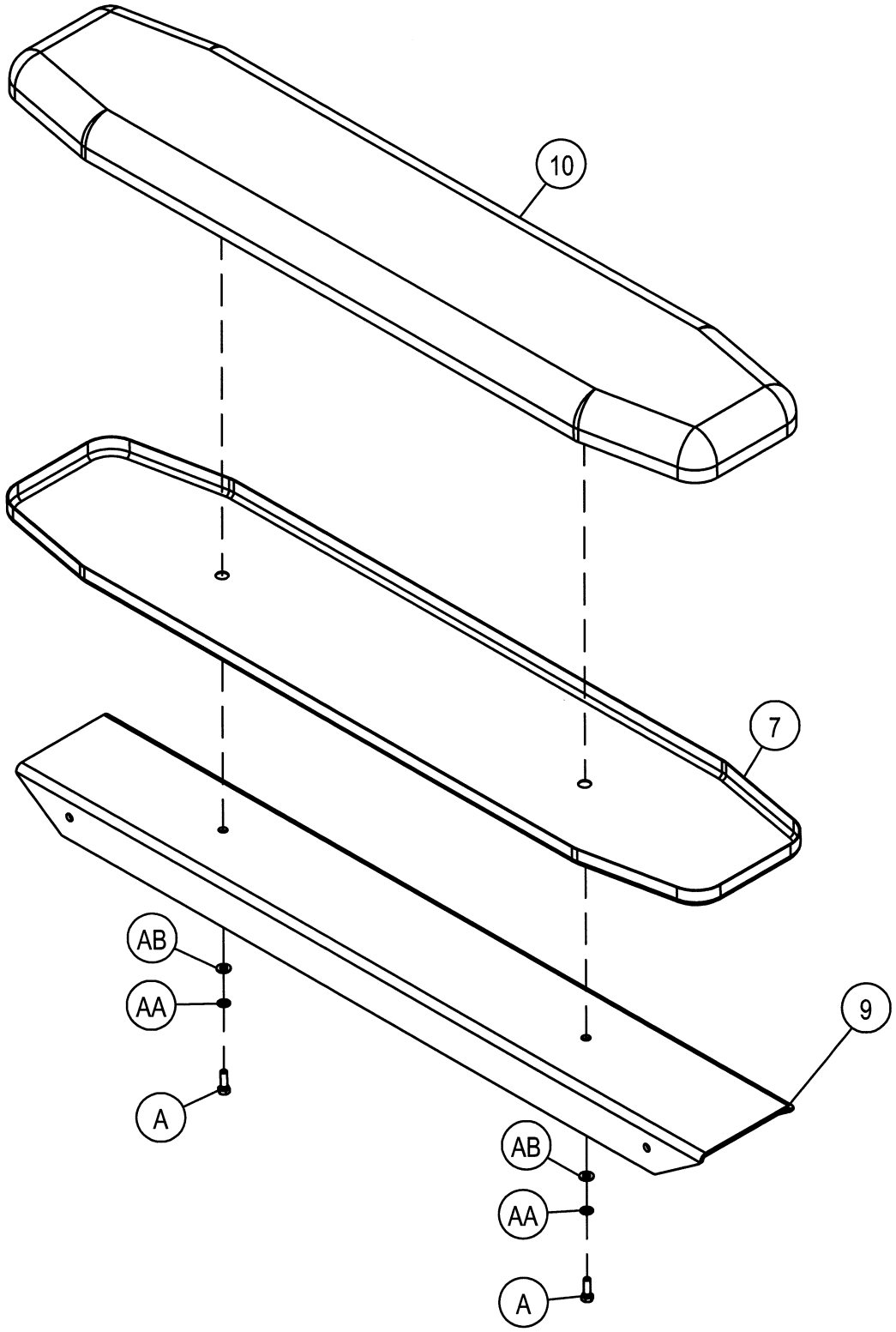
In this step start by attaching (10) to (7) and then (9). Wrench Tighten bolts.

Part Descriptions

7 - UPHOLSTERY GUARD
9 - FORMED PLATE
10 - PAD ASSEMBLY

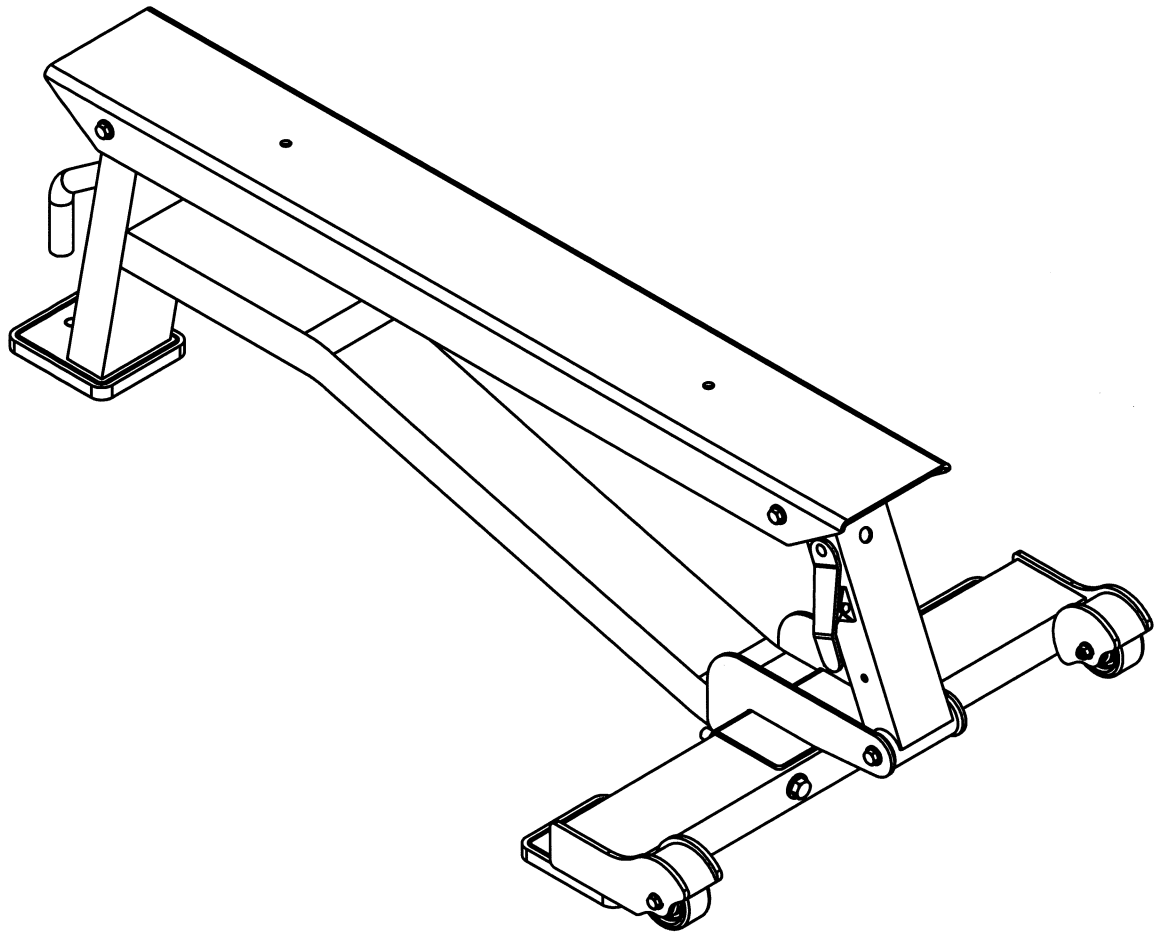
Hardware Descriptions

A - 5/16" -18UNC x 1 1/4" HEX BOLT
AA - 5/16" INTERNAL LOCK WASHER
AB - 5/16" USS FLAT WASHER


10
7
AB
AA
A
9
AB
AA
A

Step 3

PRE-ASSEMBLY



Step 3a

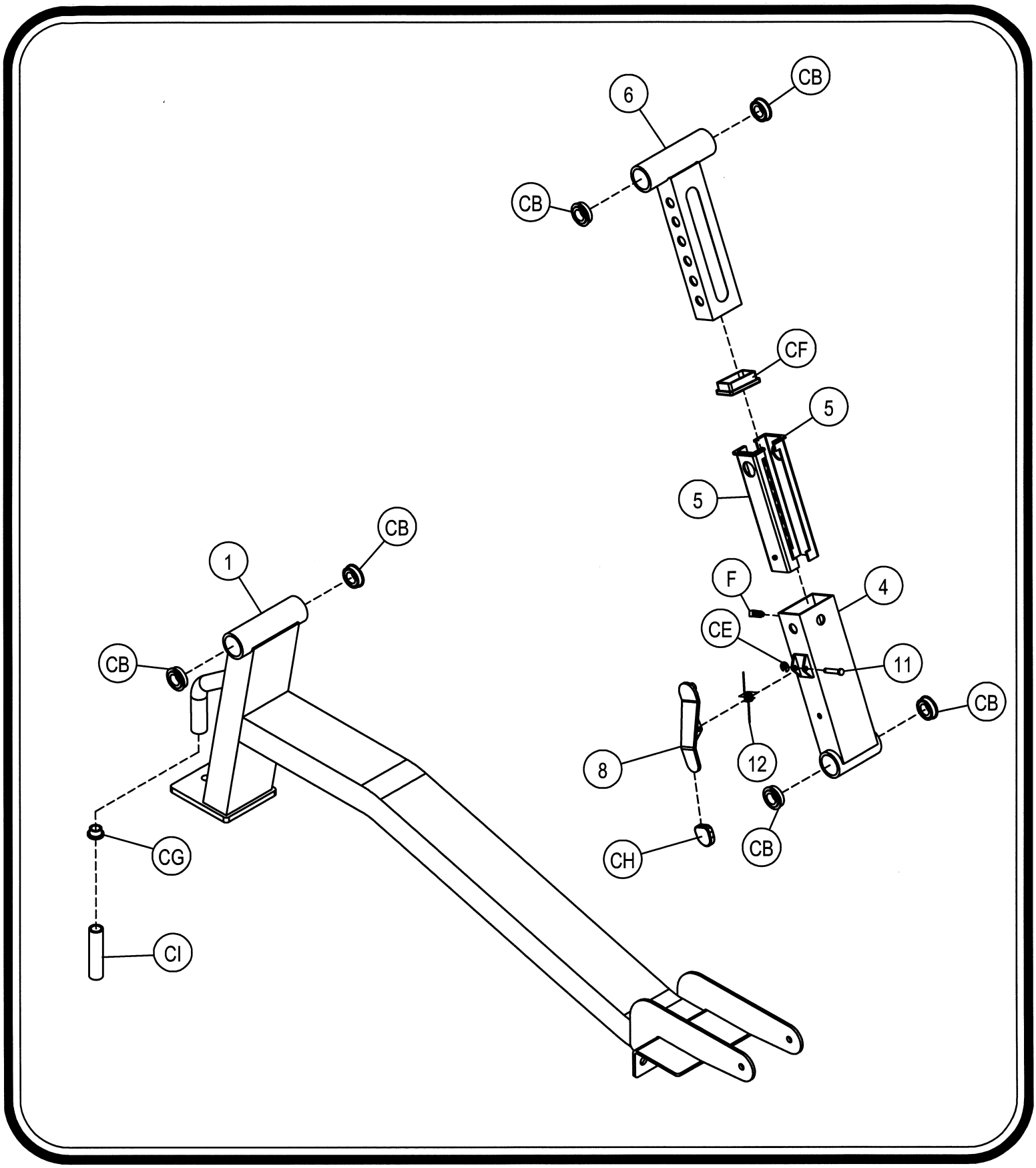
PRE-ASSEMBLY

Part Descriptions

1 - MAIN FRAME
4 - ADJUSTER MOUNT
5 - EZ GLIDE SLEEVE
6 - SELECTORIZED ADAPTOR ASSY
8 - LATCH ASSEMBLY
11 - LATCH PIN
12 - LATCH SPRING

Hardware Descriptions

F - 3/8" -16UNC x 3/4" SQ. HEAD SET SCREW
CB - 3/4" FLANGED BALL BEARING
CE - C-CLIP
CF - 1 1/2" x 2 1/2" End CAP
CG - Ø1.00" END CAP
CH - THUMB PAD
CI - RUBBER GRIP 5.90" LG.


6
CB
CB
CF
5
5
1
CB
CB
F
4
CE
11
CB
8
12
CG
CH
CB
CI

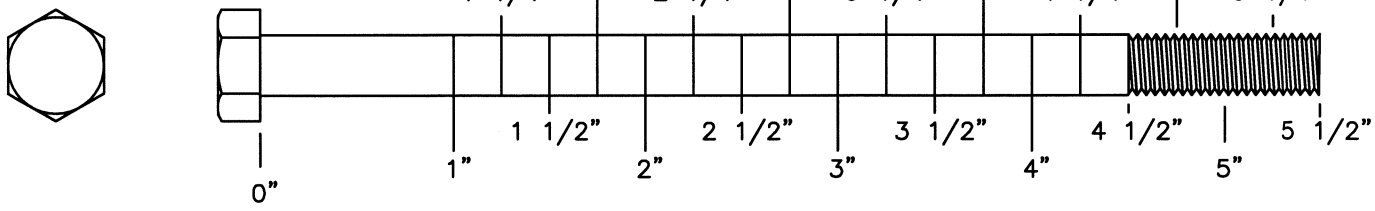
PART LISTING

Key#	Qty.	Part Number	Description
1	1	026-01X1102	MAIN SUPPORT FRAME
2	1	026-01X1056	FRONT WHEEL ASSEMBLY
3	1	026-01X1066	SELECTORIZED ADAPTOR ASSY
4	1	026-01X1104	ADJUSTER MOUNT
5	2	026-01PL125T	EZ GLIDE SLEEVE
6	1	026-01X1103	ADJUSTER SLIDE
7	1	026-01PL370	UPHOLSTERY GUARD
8	1	026-01P0480	LATCH ASSEMBLY
9	1	026-01P1022	FORMED PLATE
10	1	022-01PD0013	PAD ASSEMBLY
11	1	026-01M0309	LATCH PIN
12	1	026-01M0503	LATCH SPRING
13	1	026-01PL329	PLASTIC CAP
14	1	026-01M0583	3/4" DIA x 3.94" L.G. AXLE
15	2	026-01M0585	3/4" DIA x 5.94" L.G. AXLE

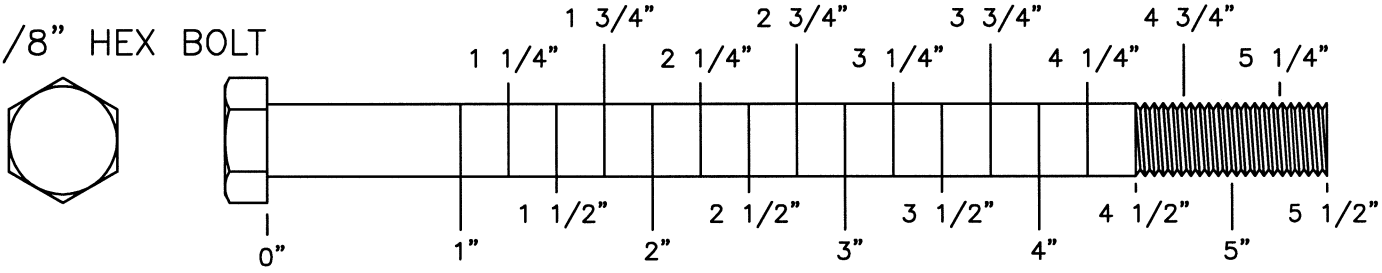
HARDWARE LISTING

Key#	Qty.	Part Number	Description
A	2	011-0407053	5/16" -18UNC x 1 1/4" HEX BOLT
B	2	011-0101037	5/16" -18UNC x 2 3/4" HEX BOLT
C	1	011-0107022	3/8" -16UNC x 5" HEX BOLT
D	2	011-0407055	1/2" -13UNC x 4 3/4" HEX BOLT
E	2	011-0407054	3/8" -16UNC x 7" HEX BOLT
F	1	011-0311013	3/8" -16UNC x 3/4" SQ. HEAD SET SCREW(BZ)
AA	2	013-0102021	5/16" INTERNAL LOCK WASHER
AB	4	013-0002001	5/16" SAE FLAT WASHER
AC	6	013-0002004	3/8" FLAT WASHER
AD	4	013-0102003	1/2" FLAT WASHER
AE	2	013-0102004	5/16" USS FLAT WASHER
BA	2	012-0102006	5/16" NYLOK NUT (WZ)
BB	3	012-0004004	3/8" NYLOCK NUT (WZ)
BC	2	012-0102001	1/2" NYLOCK NUT (WZ)
CA	3	026-01PL195	RUBBER FOOT PAD
CB	6	014-0005001	3/4" FLANGED BALL BEARING
CC	2	014-0016001	WHEEL AXLE
CD	2	020-0013001	WHEEL
CE	1	014-0015001	C-CLIP
CF	1	016-0001003	1 1/2" x 2 1/2" END CAP
CG	1	016-0201007	Ø1.00" END CAP
CH	1	026-01PL239	THUMB PAD
CI	1	019-0002015	RUBBER GRIP 5.90" LG.

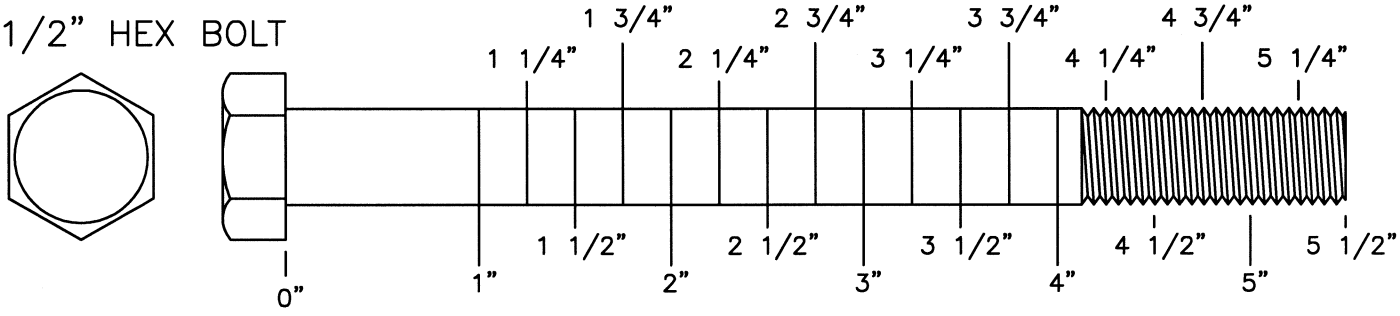
5/16" HEX BOLT



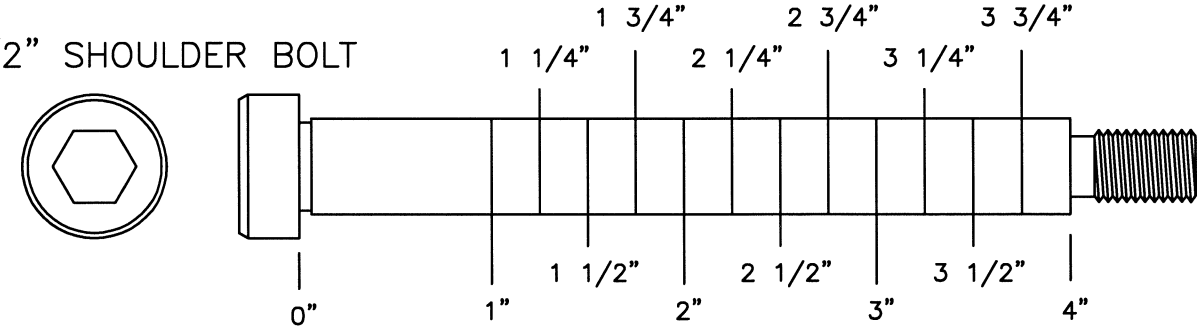
3/8" HEX BOLT



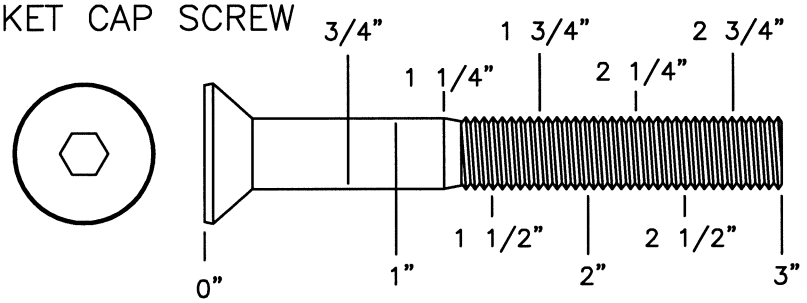
1/2" HEX BOLT



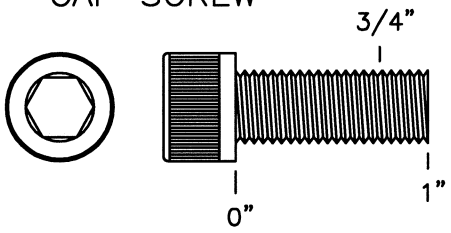
1/2" SHOULDER BOLT



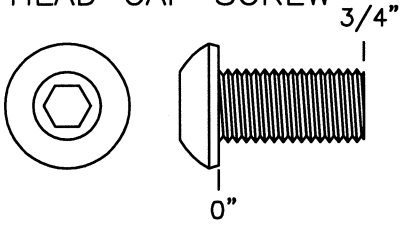
3/8" FLATHEAD
SOCKET CAP SCREW



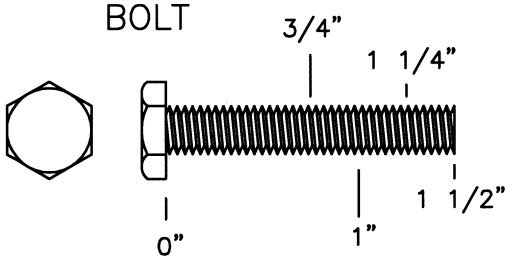
3/8" SOCKET
CAP SCREW



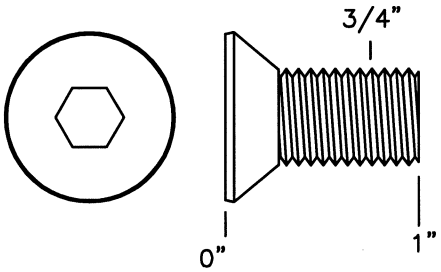
3/8" BUTTON
HEAD CAP SCREW



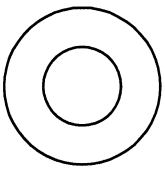
1/4" HEX
BOLT



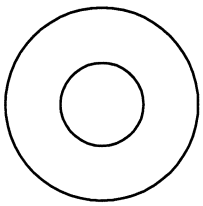
1/2" FLATHEAD
SOCKET CAP SCREW



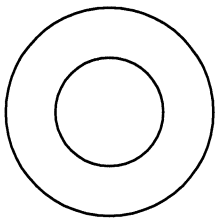
5/16"
FLAT WASHER
LARGE, USS, 25mm



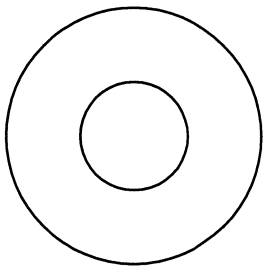
3/8"
FLAT
WASHER



1/2"
FLAT WASHER
SMALL, SAE, 26mm

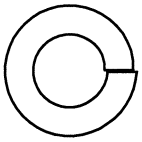


1/2"
FLAT WASHER
LARGE, USS, 34mm

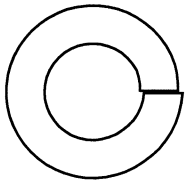


1/4"
LOCK WASHER

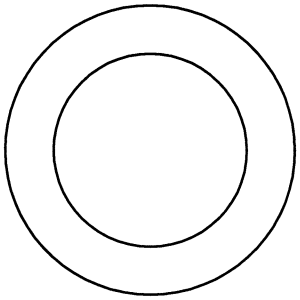
3/8"
LOCK WASHER



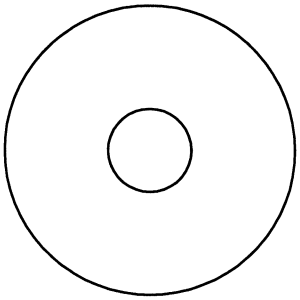
1/2"
LOCK WASHER



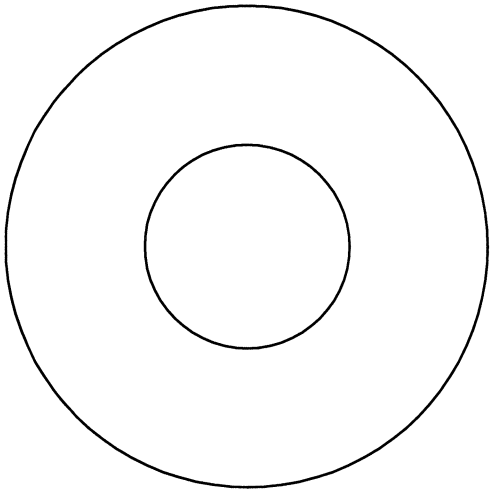
1" SHIM WASHER



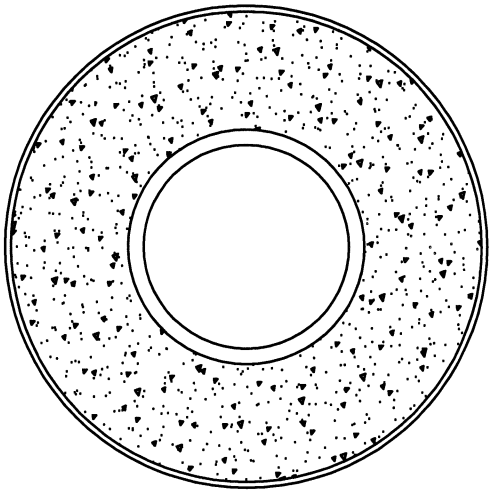
3/8" FENDER WASHER



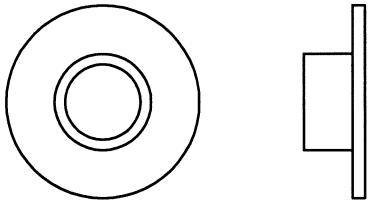
1 1/16"
FENDER WASHER



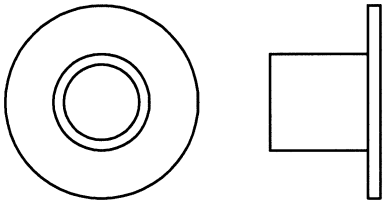
PLASTIC 1 1/16"
FENDER WASHER



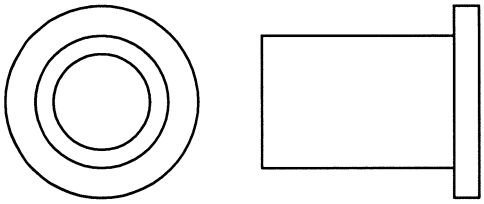
1/4" LONG
FLANGED SPACER



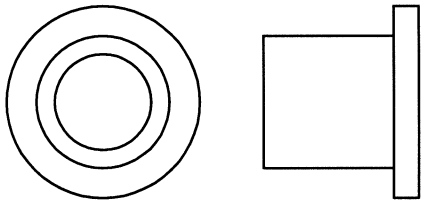
1/2" LONG
FLANGED SPACER



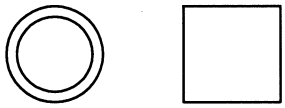
1/4" LONG HEAVY
FLANGED SPACER



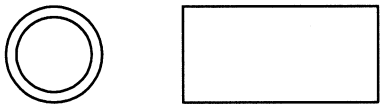
11/16" LONG HEAVY
FLANGED SPACER



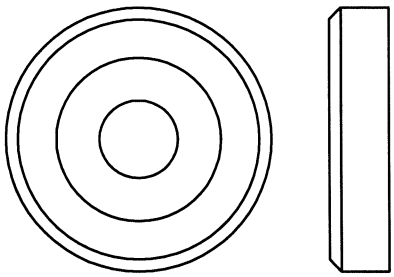
1/2" LONG
SPACER



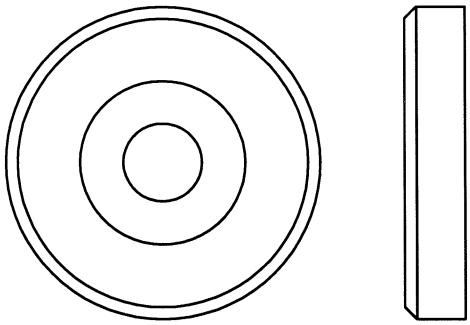
1" LONG
SPACER



1 3/8" ALUMINUM
FLATHEAD CAP



1 5/8" ALUMINUM
FLATHEAD CAP



WEIGHT TRAINING TIPS

Always consult your physician before starting any exercise program.

Hoist equipment is designed to maximize your time spent working out. Having an exercise routine planned out in advance will allow you to get the most benefit out of the time spent exercising, and will also enable you to work all the major muscle groups.

Warm up properly before engaging in weight resistance training. Stretching, yoga, jogging, calisthenics or other cardiovascular exercise can help prepare your body for the heavier workload of lifting weights.

Learn how to perform the exercise correctly before using heavy weight. Correct form is important to avoid injury and to ensure that you work the proper muscle groups.

Know your limitations. If you are new to weight training or are embarking on an exercise regimen after a long layoff, start slowly and build foundational strength over a longer period of time.

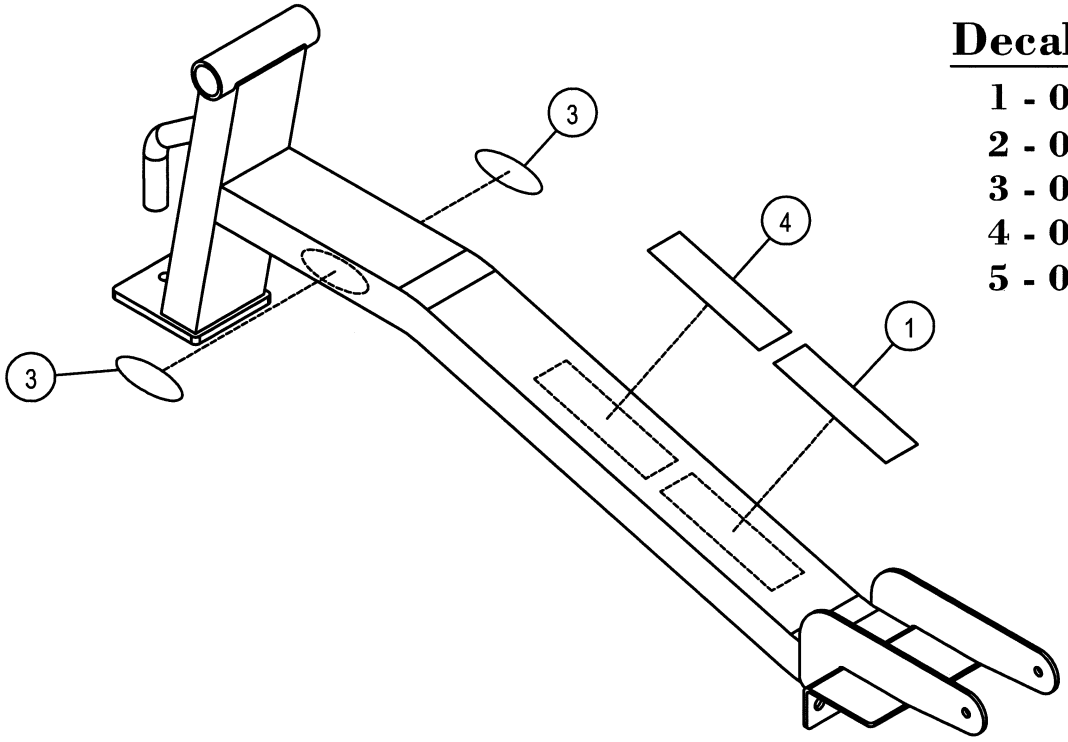
Pay attention to your breathing. Exhale when you exert is a general rule of thumb. Never hold your breath.

WEIGHT TRAINING EXERCISE LOG

S = Sets R = Repetition per set W = Weight used

| Exercise | Date | | |

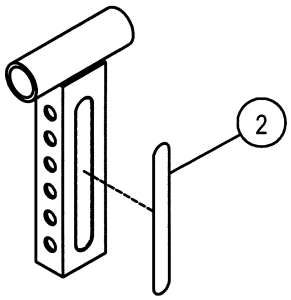
DECAL PLACEMENTS



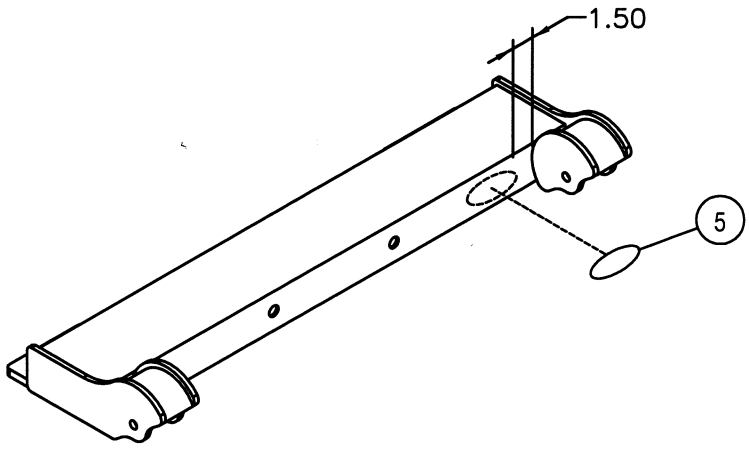
Decal Descriptions

1 - 021-0003131
2 - 021-0004073
3 - 021-0004029
4 - 021-0003148
5 - 021-0003153

026-01X1102



026-01X1103



026-01X1056

DECAL PLACEMENTS

This decal has been attached to this piece of equipment to provide information regarding operation, saftey and maintenance. Before use, take the time to read these decals.

COMMERCIAL MAINTENANCE	Daily	Weekly	Monthly	6 Months	Yearly
Inspect; Links, Pull Pins, Snap Locks, Swivels, Weight Stack Pins	X				
Clean; Upholstery	X				
Inspect; Cables or Belts and their tension	X				
Inspect; Accessory Bars and Handles		X			
Inspect; All Decals		X			
Inspect; All Nuts and Bolts, Tighten if Needed		X			
Inspect; Anti- Skid Surfaces		X			
Clean & Lubricate; Guide Rods with a Teflon (PTFE) based lubricant (Superlube)			X		
Lubricate; Seat Sleeves, Turcite Bushings, Linear Bearings			X		
Clean and Wax; All Glossy Finishes				X	
Repack with Grease; Linear Bearings				X	
Replace; Cables, Belts and Connecting Parts					X

NOTICE

021-0003131

1 2 3 4 5 6

021-0004073

DECAL PLACEMENTS

SERIAL # DECAL; Always refer to the number shown on your piece of equipment when talking to customer service or ordering parts.

HOIST®

021-0004029

⚠ WARNING

USE ONLY GENUINE HOIST REPLACEMENT PARTS. FAILURE TO DO SO WILL VOID WARRANTY AND COULD RESULT IN PERSONAL INJURY OR EVEN DEATH. THERE IS A RISK ASSUMED BY INDIVIDUALS WHO USE THIS TYPE OF EQUIPMENT. TO MINIMIZE THE RISK ALWAYS FOLLOW THESE SIMPLE RULES.

1. READ & UNDERSTAND ALL ENCLOSED INSTRUCTIONS before using this equipment.

2. INSPECT EQUIPMENT BEFORE EACH USE. Replace all parts at the first signs of wear or damage. If in doubt about a certain part, DO NOT use the equipment until the part is replaced. Failure to replace worn or damaged parts may result in injury.

3. FOLLOW ROUTINE MAINTENANCE SCHEDULE

4. CONSULT YOUR PHYSICIAN BEFORE STARTING ANY EXERCISE PROGRAM. Warm up properly before engaging in weight resistence training. Stop exercising if you feel faint or dizzy.

5. TO PREVENT THE POSSIBILITY OF SERIOUS INJURY, KEEP CLEAR OF ALL MOVING PARTS. Do not attempt to free any jammed part by yourself. Obtain assistance in order to avoid possible injury.

6. Take your time and do not rush the exercise. Practice proper breathing, NEVER hold your breath.

7. CHILDREN SHOULD NOT BE ALLOWED TO USE THIS EQUIPMENT. To avoid possible injury, children should be kept at a safe distance when this equipment is in use. Teenagers should not use this equipment without adult supervision.

8. CALL YOUR AUTHORIZED HOIST DISTRIBUTOR if you have any questions on the proper use or maintenance of this equipment.

021-0003148

DECAL PLACEMENTS

SERIAL # DECAL; Always refer to the number shown on your piece of equipment when talking to customer service or ordering parts.

021-0003153

HOIST FITNESS SYSTEMS
GENERAL MAINTENANCE INFORMATION

Links, Pull-Pins, Snap Locks, Swivels, Weight Stack Pins:

**Check all pieces for signs of visible wear or damage.*

**Check springs in snap hooks and pull-pins for proper tension and alignment.*

**If the spring sticks or has lost its rigidity, replace it immediately.*

Upholstery:

**To ensure prolonged upholstery life and proper hygiene, all upholstered pads should be wiped down with a damp cloth after every workout.*

**Periodically take the time to use a mild soap or an approved vinyl upholstery cleaner to deter the onset of cracking or drying. Avoid using any abrasive cleaners or cleaners not intended for use on vinyl.*

**Replace ripped or warn upholstery immediately.*

**Keep sharp or pointed objects clear of all upholstery.*

Guide Rods:

**Wipe clean with a dust free rag. Lubricate once a week with a Silicon or Teflon based lubricant.*

Decals:

**Inspect and familiarize yourself with any safety warnings or other user information posted on each decal.*

Nuts and Bolts:

**Inspect all nuts and bolts for any loosening and tighten if needed.*

**Go through a re-tightening sequence periodically to ensure that all hardware is tensioned proper.*

Anti-Skid Surfaces:

**These surfaces are designed to supply secure footing and need to be replaced if they appear worn or become slippery.*

Belts and Cables:

**Hoist uses only high quality belt, and mil-spec cables.*

**Visually inspect the belts and cables for fraying, cracking, peeling or discoloration.*

**While the machine is not in use, carefully run your fingers along the belt or cable to feel for thinning or bulging areas.*

**Replace belts and cables immediately at the first signs of damage or wear. Do not use equipment until belts or cables has been replaced.*

GENERAL MAINTENANCE INFORMATION
(CONTINUED)

Cable Tension:

**Referring to the Owners Manual, check all cable bolts and attachment to be sure they are properly attached.*

**Check slack in cables and readjust cable tension if needed.*

Seat Sleeves, Turcite Bushings:

**Wipe down adjusting tubes with a dust free rag before applying lubricant.*

**Lubricate seat sleeves and turcite bushings with a Silicon or Teflon based lubricant spray.*

Linear Bearings:

**Referring to the Owners Manual carefully disassemble the bearing from its housing and place a finger full of light grease (lithium, super lube, etc.) into the inside of the bearing. Using your finger, press the grease into the ball-bearings and their tracks. repeat until the ball-bearing tracks are full of grease. Insert the shaft back into the bearing and wipe off excess grease.*

PLEASE KEEP THIS FOR YOUR RECORDS

HOIST FITNESS SYSTEMS
LIMITED LIFETIME WARRANTY

Hoist Fitness Systems warrants this product to the **original purchaser** to be free from defects in workmanship and/or materials under normal use or service. If at any time a component part is defective, Hoist Fitness Systems shall repair or replace it (at Hoist Fitness Systems option) within a reasonable period of time. This warranty does not cover costs of removal. transportation or reinstallation. This warranty shall not apply if the defect was caused by misuse, neglect or normal wear and tear.

Starting from the original date of purchase, normal wear and tear shall be considered as the following: All malfunctions of upholstery and paint that occur after 90 days; all malfunctions of electronic components. belts or cables that occur after one year; all malfunctions of pulleys, bearings or bushings that occur after five years. The frame and all welded components are warranted for the life of the product.

Hoist Fitness Systems sole responsibility shall be to repair or replace the component within the terms stated above. Hoist Fitness Systems shall not be liable for any loss or damage of any kind including any incidental or consequential damages resulting, directly or indirectly from any warranty expressed or implied or any other failure of this product.

WHAT IS NOT COVERED BY THIS WARRANTY

Hoist's sole obligation under this warranty is limited to either repair or replacement of parts, subject to the additions below. This warranty neither assumes nor authorizes any person to assume obligations other than expressly covered by this warranty.

NO CONSEQUENTIAL DAMAGES. Hoist is not responsible for economic loss; profit loss; or special, indirect, or consequential damages.

WARRANTY IS NOT TRANSFERABLE. This warranty is not assignable and applies only in favor of the original purchaser/user to whom delivered. Any such assignment or transfer shall void the warranties herein made and shall void all warranties, expressed, implied or statutory, except the one (1) and (5) year warranty described above. These warranties are exclusive and in lieu of all other warranties, including implied warranty and merchantability or fitness for a particular purpose. There are no warranties which extend beyond the description on the face hereof.

ALTERATION, NEGLECT, ABUSE, MISUSE, NORMAL WEAR & TEAR, ACCIDENT, DAMAGE DURING TRANSIT OR INSTALLATION FIRE, FLOOD, ACTS OF GOD. Hoist is not responsible for the repair or replacement of any parts that Hoist determines have been subjected after the date of manufacture to alteration, neglect, abuse, misuse, normal wear & tear, accident, damage during transit or installation, fire, flood, or an **ACT OF GOD**.

TRANSPORTATION COSTS. Hoist will accept parts covered under this warranty freight collect, provided that shipment has received prior approval. Hoist is not responsible for any other transportation costs, but will ship freight collect parts either repaired or replaced under these warranties.

WARRANTY CLAIMS. All claims should include: model number, the serial number, proof of purchase, date of installation, and all pertinent information supporting the existence of the alleged defect.

Hoist Fitness Systems
9990 Empire St. #130
San Diego, Calif. 92126
(800)548-5438

Web Site - www.hoistfitness.com

PLEASE KEEP THIS FOR YOUR RECORDS